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A Baby is One of the Best Reasons to Quit Smoking

Eau Claire, WI – In **Eau Claire** people are celebrating the Great American Smokeout (GASO) in the best way possible -- by quitting smoking. There are many benefits to being smoke free! For pregnant women, these benefits extend to their unborn baby.

As soon as a pregnant woman quits smoking, the baby starts getting more oxygen. The risks of miscarriage and stillbirth decrease, and the risk of the baby being born early or with a low birth weight decreases.

The benefits to the baby continue once it is born. Babies born to moms who have quit smoking are less fussy. They have fewer lung diseases such as asthma, and they get fewer colds and ear infections. They also have less risk of Sudden Infant Death Syndrome (SIDS).

The benefits to mom include pride in doing what is best for herself and her baby as well as more energy to take care of and play with baby once it is born. Moms who quit smoking also are less likely to have postpartum depression. Clothes, hair, and homes smell better.

“Quitting smoking has immediate benefits to moms and babies and tremendous LIFELONG health benefits for both moms and their children,” states Lieske Giese, Health Department Director, “It’s one of the most important changes a woman can make for herself and her family.”

Quitting smoking early in pregnancy reaps the greatest benefits, but quitting at any time in pregnancy yields benefits. Wherever you are in your pregnancy, NOW is the best time to quit.

Free help is available to quit smoking. Eau Claire County health advocates urge anyone who smokes to call the Wisconsin Tobacco Quit Line at 1-800-QUIT NOW.

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